Monday, July 21, 2014

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Sundae Sunday at the CAFM

Ice Cream Festival teaches kids how the sweet treat goes from cow to cone PAGE 4

Rebels take over crash site

International concern grows over handling of bodies from Malaysia Airlines Flight 17 PAGE 6

IT'S NO NOBEL, BUT HE'LL TAKE IT

WINNER OF THE ANNUAL 'PAPA' HEMINGWAY LOOK-ALIKE CONTEST CROWNED IN KEY WEST, FLORIDA PAGE 8

Firstdowne!

Football fans Greg Druce and Tony Patton were pumped even before the Redblacks beat the Toronto Argonauts. The sold-out 24,000-plus CFL crowd Friday at TD Place at Lansdowne Park was followed by a record-setting 14,000-plus fans at Sunday's Ottawa Fury soccer match. For more on the games, and how OSEG will address some starting hiccups, see pages 2 and 3.

MIKE CARROCCETTO/FOR METRO

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NEWS 1

The Ottawa Redblacks take to the field against the Toronto Argonauts, for their first-ever home game at TD Place on Friday. JUSTIN TANG/THE CANADIAN PRESS

OSEG to tackle hiccups by next Redblacks game

Complaints. Victory cheers accompanied by gripes about lines, toilets and ATMs

Amid the cheering, excitement and Redblacks victory, there were some compalints — long food lineups, a washroom out of service, and ATMs that weren't ready were also part of the fan experience at Friday's home opener at TD Place. Bernie Ashe says things are going to get better in time for the next home game.

"We're not there yet. This is a work in process," said Ashe, CEO of the Ottawa Sports and Entertainment Group (OSEG) Sunday morning.

The game, which saw Ottawa beat the Toronto Argonauts 18-17 in the final minute, drew in a sold-out crowd of more than 24,000 people.

"To get the combination of construction issues, technology issues and operational issues … and have everything work properly is going to take us some time," said Ashe. "Friday night was our first time that we had 24,300 people in the building and we had some problems related to just having that kind of volume."

The women's washroom on the north side had to be closed due to a drain-pipe blockage caused by construction debris, Ashe said. As a result, an adjacent food-and-beverage stand had to be shut down for health and safety reasons.

The point-of-sale system was also plagued by sporadic glitches when it became flooded by hungry and thirsty customers. That was also fixed Saturday.

Three new portable ATMs were added for Sunday's Ottawa Fury game versus the New York Cosmos.

"The TD ATMs are going to be working in time for the next Redblacks game, so that's good news," said Ashe.

Despite the inaugural glitches, the crowd was electric as they took in the game on a balmy summer night.

Ashe said OSEG met its target of having 60 per cent of fans arrive at TD Place either by OC Transpo or shuttle bus, both of which were free for ticket holders.

"OC Transpo did a terrific job of anticipating and reacting and getting extra buses for the drive in," he added. Ashe said it took 45 minutes to get everyone out of the stadium, which was expected. JOE LOFARO/METRO

First win of the season

Air electric as Redblacks win first TD Place game

It was a nail-biter finish for the Ottawa Redblacks, but the CFL expansion team narrowly beat the Toronto Argonauts 18-17 on Friday night.

The team was down by two points in the final quarter, but with less than 30 seconds left, Brett Maher kicked a field goal that pulled the Redblacks ahead by one point.

Red fireworks blasted into the air as fans in the red and black stands at TD Place Stadium stood to cheer their home team.

It was the team's first win this season, after losing to the Edmonton Eskimos 27-11 and Winnipeg Blue Bombers 36-28.

The air had been electric the entire night, with more than 24,000 excited fans filling the stadium.

"It's Christmas," said Nick Hamilton, with his face and torso painted half-black, half-red. He said it's a "better vibe" than it was nine years ago, when the former team, the Ottawa Renegades, last played.

"Everything's better," he said. "There's more room, seats are better, the owners are better, the team is better."

Ron Legge drove from Carleton Place with his season tickets — just as he did for the Renegades and the Rough Riders (both their first and second go-rounds).

"We've been waiting quite a while (for a CFL team)," he said. "They had to do it right so they had to take their time. I think it's got a good chance of sticking. The backers are strong."

LUCY SCHOLEY/METRO

Cops investigate third shooting since June

The Ottawa Police Guns and Gangs Unit is investigating the third shooting in as many weeks in which a man was shot in both legs and refused to co-operate with investigators.

The first shooting was on June 22 in the ByWard Market, while the second one was on Canada Day in an undisclosed location.

On Friday, police released a photo of a suspect in a third such shooting that happened last Thursday in the 100 block of Horsdal Private, near the intersection of Hunt Club and Conroy Road around 7:10 p.m.

Ottawa police released this photo of a man they believe is responsible for a south-end shooting. HANDOUT

In that incident, police say the victim in his 20s suffered "two gunshot wounds to his lower extremities." They said Thursday the victim, who was admitted to hospital with non-life-threatening injuries, was not co-operating with investigators and refused to provide a statement.

Police believe Mohamed Abdi Abdullahi, 31, of Ottawa is responsible for the south-end shooting and is believed to be "armed and dangerous." His whereabouts are not known.

He is described as five-foot-10, 194 pounds, with black hair and brown eyes.

Police told Metro on July 3 the previous two double-leg shootings appeared to be unrelated.

JOE LOFARO/METRO

Arrest made. Loaded handgun found during traffic stop: Police

It's illegal to get loaded and get behind the wheel, but a driver allegedly took the offence to a whole new level Saturday.

Police say they arrested an Ottawa man who was driving impaired and in possession of a loaded semi-automatic handgun early Saturday morning during a traffic stop.

The traffic stop happened near the intersection of Bathgate Drive and Golf Place at approximately 3 a.m.

Bens Therassan, 27, is facing several charges, including possessing firearms dangerous to public peace, possessing a firearm without holding a licence, possessing a loaded firearm, possessing a firearm obtained by crime and impaired driving.

He was scheduled to appear in court Sunday to face the charges.

JOE LOFARO/METRO

Fury set NASL attendance record in game against New York Cosmos

New home at Lansdowne Park.

But opponents defeat Ottawa 1-0 in first-ever NASL game at TD Place

MIKE CARROCCETTO
ottawa@metronews.ca

TD Place was the place to be again on Sunday afternoon.

The Ottawa Fury FC fell 1-0 to the famed New York Cosmos, but set a North American Soccer League (NASL) attendance record of 14,593 people in their first-ever game in their brand new home at Lansdowne Park.

Fans entering the stadium received a special commemorative coin inside a plastic case, with the Fury logo on one side, and TD Place logo on the other.

Cosmos midfielder Sebastien Guenzatti scored the only goal of the game in the first half, slamming a deft one-touch shot from the box past Fury goalkeeper Devala Gorrick at the 37-minute mark.

The Fury had several chances to score in the first half and second half, including two breakaway opportunities by striker Tom Heinemann.

In the second half, they did everything but put the ball in the net, coming in waves toward Cosmos goalkeeper Jimmy Mauer.

"Two excellent teams tried to win, (but) one team was a little better (today)," said Fury head coach Marc Dos Santos. "We had at least five clear chances (in the second half). We couldn't score, but I'm very proud of our team.

"As I told (captain) Ryan Ritchie, if we are going to lose, if the Ottawa Fury are going to lose some games, we are going to lose like we did today. (We played) with a lot of passion … trying to come back, trying to tie the game. It's tough to lose, but I'm proud of the (team) today."

Ottawa Fury midfielder Tony Donatelli skids along the turf trying to stop a New York Cosmos player during first-half NASL action at TD Place on Sunday.
MIKE CARROCCETTO/FOR METRO

Facts of Fury

The Ottawa Fury FC's first game at its new home at Lansdowne Park was a attendance record-setter with thousands of people showing up.

- The New York Cosmos are the reigning NASL champions.
- Sunday's attendance broke the previous record of 13,151 set by the San Antonio Scorpions.
- Former Canadian Idol winner Ava Avila, of Gatineau, sang both national anthems.
- NASL commissioner Bill Peterson was at the game and said it was a "magnificent day" for the Ottawa Fury and the NASL. "It's a beautiful stadium, and it's everything they said it would be," he added.
- On Wednesday, the Fury host the Rangers FC from Glasgow, Scotland, in the first international friendly at TD Place. Kickoff is 7 p.m.

New home

14,593

Ottawa Fury FC set a new North American Soccer League record with 14,593 people attending its first-ever game at its brand new home at Lansdowne Park.

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Odyssey Theatre. A game of greed at Strathcona Park

Odyssey Theatre's production of The Financier will hit the stage at Strathcona Park on July 24. LUCY SCHOLEY/METRO

It has scoundrels, greed and backstabbing cheaters. It isn't politics or the newest reality TV show. It's The Financier (Turcaret), an early 17th-century comedy the Odyssey Theatre is bringing to Strathcona Park next week.

Written by Alain-René Lesage, it centres on Turcaret, a wealthy tax collector out to swindle others, while others are out to swindle him.

"It's about greed, but played out in a very clever way, so you never know who is going to win in the end," says director Laurie Steven.

Steven said the play's themes are still relevant. "This is all about money and paper money and easy credit that's working in society."

The Financier (Turcaret) will run July 24 to Aug. 24 from Tuesday to Sunday at 8 p.m. Ticket prices vary, but the weekend matinees (3 p.m.) are pay-what-you-can.

The theatre company is also teaming up with Signatures Restaurant at Le Cordon Bleu, offering a package deal of $52, which gives buyers a picnic lunch to go with their theatre ticket.

LUCY SCHOLEY/METRO

Comedy. Cracking up the Capital ... summer edition

Mary Walsh will be among the performers at the Cracking up the Capital Summer Fest. THE CANADIAN PRESS

Laughter will ring on Sparks Street this summer as Ottawa's newest comedy festival hits town.

The organizers of the decade-old Cracking Up the Capital Festival will launch their first comedy summer event from July 31 to Aug. 3, with shows at local venues such as Carmello's Italian Restaurant and the Centretown Tavern.

The festival is being staged in partnership with the Ottawa International Busker Festival and will raise money for national charity Partners for Mental Health (PFMH).

"As we enter our second decade we thought it'd be interesting to do a summer festival, to do a special focus on our Ottawa community," said John Helmkay, president of the festival.

The shows, organized by theme, will cover everything from politically incorrect comedy to relationship humour.

AMY YEE/FOR METRO

Kids line up to take their turn at making ice cream the old-fashioned way, with a hand crank at the Canada Agriculture and Food Museum's annual Ice Cream Festival on July 20. AMY YEE/METRO

Ice-cream making, from cow to cone

CAFM Ice Cream Festival. Families get the inside scoop on National Ice Cream Day

Who knew the influence of former U.S. President Ronald Reagan could stretch all the way to a kids' activity at the Canada Agriculture and Food Museum (CAFM) in Ottawa?

The CAFM Ice Cream Festival, which gives a behind-the-scenes peek at ice-cream making, has been running every third Sunday of July for several years in honour of National Ice Cream Day, which was launched in the United States by Reagan in 1984, said Jamie Reardon, assistant of visitor services at CAFM.

The event, she said, encourages kids to understand the ice-cream-making process from cow to cone.

"Once they're here they're learning while having fun," said Reardon. "They get to live it, they get to experience it and they get to see it too."

After Vanessa Castillo and five-year-old daughter Eva visited the farm animals and spent time at the variety of demonstrations, all that was left was a taste of ice cream.

Getting to know ice cream

"They get to live it, they get to experience it and they get to see it, too."

Jamie Reardon of CAFM

"That's the main reason we came to the festival, so we're hoping to get some too," said Vanessa.

Festivalgoer Kirsty Twitale was pleased with the number of ice-cream tastings offered at the festival at different stations, but said more signs were needed.

"They're doing all sorts of things all around, but until you wander into a building you don't know," she said.

According to Maddy Imboden, membership sales associate at CAFM, the event makes for one of the year's highest membership sales days.

As part of the Canada Science and Technology Museums Corporation, the CAFM membership also covers access to the Canada Aviation and Space Museum and the Canada Science and Technology Museum. AMY YEE/METRO

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Gaza hospital lights operations by cellphone, amid Israeli fire

Power cuts, supply shortages. Doctors have become masters of improvisation

In the heart of Gaza City, as its citizens again find themselves under fire from Israeli airstrikes and artillery, the wounded and their wailing families stream into Shifa Hospital without end.

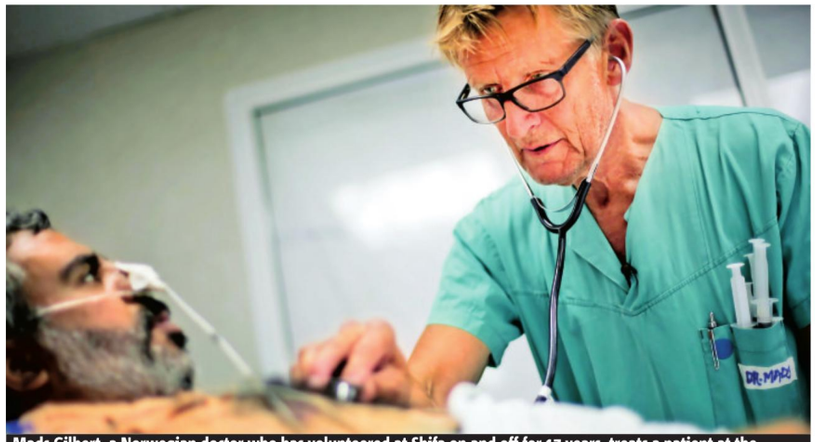
Shifa, Gaza's largest hospital, has only an 11-bed emergency room and six operating theatres. Yet amid power cuts and among the screams of the bereaved, doctors at the 600-bed facility have become masters of improvisation, forced by the seemingly unending conflict engulfing the coastal strip to care for the wounded.

"If we are in the middle of an operation (and) lights go out, what do the Palestinians do?" said Mads Gilbert, a Norwegian doctor who has volunteered at Shifa on and off for 17 years. "They pick up their phones, and they use the light from the screen to illuminate the operation field."

The wounded from Israeli strikes usually arrive in waves. More than 3,000 Palestinians already have been wounded in the past two weeks of fighting, health officials say. Many, including the most serious cases, end up at Shifa.

A new wave of casualties arrives after daybreak Sunday, following a night of heavy Israeli tank fire on Gaza City's Shijaiyah neighbourhood. Hospital guards shout at drivers to move to make room for the next vehicles, pushing back journalists and onlookers.

Some of the wounded get treated in a hallway near the emergency room. A medic bandages the foot of an emergency worker writhing in pain on a mattress on the floor. A little boy with shrapnel wounds arrives and the emergency worker slides off the mattress to the hard floor for the child.



Mads Gilbert, a Norwegian doctor who has volunteered at Shifa on and off for 17 years, treats a patient at the emergency room of the Shifa hospital in Gaza City on Wednesday. KHALIL HAMRA/THE ASSOCIATED PRESS

Dr. Jihad Juwaidi says his six operating rooms filled up quickly and that even the seriously wounded have to wait for surgery, including a little girl with a fractured skull.

Choosing who gets treated first is gut-wrenching, says Dr. Allam Nayef, who works in one of Shifa's intensive care units.

"Sometimes you have to select which one of them has the best chance to survive," Nayef says. "Easily in this rush, you can take a bad decision, that the one (patient) you thought will wait for you … you won't find him when you finish your surgery." THE ASSOCIATED PRESS

Banned protest

French youth clash with police

Pro-Palestinian French youth defying a ban on a protest against Israel's Gaza offensive clashed with police Sunday, setting fire to cars, pillaging stores and throwing stones in a Paris suburb.

Police, backed by a helicopter overhead, responded with tear gas and shots from non-lethal guns during hours of unrest in the northern suburb of Sarcelles, home to a large Jewish community.

The unrest was the second time in two days that pro-Palestinian demonstrations in France turned violent. The demonstration, like the one in Paris on Saturday, had been banned to ensure peace.

France has Western Europe's largest Muslim and Jewish populations, and crises in the Middle East, like the one triggered by the Gaza offensive, often spill into France. THE ASSOCIATED PRESS

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Germany

Ceremony honours group that tried to assassinate Hitler

Germany on Sunday honoured a group of Nazi-era officers who tried to kill Adolf Hitler 70 years ago. The plot helped establish a principle under which German soldiers today are encouraged to defy orders if they would result in a crime or violate human dignity.

In a sombre ceremony, President Joachim Gauck called the July 20, 1944, bombing of Hitler's Wolf's Lair headquarters in Eastern Prussia a "significant day in German history" for showing the world that there were Germans who opposed the Nazi regime. THE ASSOCIATED PRESS

San Francisco

Washroom on wheels helps homeless in need

Homeless people in San Francisco can now hop a bus to take a shower.

A non-profit group has retrofitted a public transit bus with two full private bathrooms and is offering hot showers, clean toilets, shampoo, soap and towels free of charge.

The group, Lava Mae, says the bus is mobile, allowing it to reach homeless people scattered throughout the city.

Lava Mae Founder Doniece Sandoval says a shower is vital to help the homeless improve their circumstances.

Lava Mae hopes to add additional buses to the city. THE ASSOCIATED PRESS

Illinois

Theft suspect on Facebook gets herself-ie arrested

Police investigating the theft of clothing and jewelry from an Illinois boutique say they arrested a woman after she posted Facebook photos of herself wearing one of the stolen items.

WSIL-TV reports that police arrested 27-year-old Danielle Saxton earlier this month on misdemeanour retail theft charges. She's free on her own recognizance.

The store's co-owner, Kert Williams, says he posted about the stolen items on Facebook and that people who saw Williams' posting and those of Saxton made the connection and helped police. THE ASSOCIATED PRESS

Pro-Russia rebels take control of Malaysia Airlines crash site

Eastern Ukraine. International concern growing over handling of bodies and integrity of evidence on the ground

Rebels in eastern Ukraine took control Sunday of the bodies recovered from downed Malaysia Airlines Flight 17, and the U.S. and European leaders demanded that Russian President Vladimir Putin make sure rebels give international investigators full access to the crash site.

U.S. Secretary of State John Kerry said Ukraine's separatists were to blame for the downing of the aircraft, adding there was "extraordinary circumstantial evidence" that showed Russia was almost certainly complicit in arming the rebels.

"There's a stacking up of evidence here, which Russia needs to help account for. We are not drawing the final conclusion here. But there is a lot that points at the need for Russia to be responsible," Kerry said.

The key question of who controlled the collection of evidence at the crash site in rebel-held territory dominated the day's rapid-fire developments. International monitors say armed rebels have limited their access to the crash site and Ukrainian officials said armed rebels took the bodies away from their workers by force.

A wave of international outrage over how the bodies of the crash victims were being handled came amid fears that the armed rebels who control the crash site could be tampering with the evidence there.

Donetsk rebel leader Alexander Borodai said the bodies recovered from the crash site would remain in four refrigerated train cars in the rebel-held town of Torez, 15 kilometres from the crash site, until the arrival of an international aviation delegation.

The leaders of France, Germany and Britain issued a statement demanding that Putin make sure pro-Russia separatists in Ukraine give full access to investigators at the Malaysian plane crash site or risk the ire of Europe.

A member of a local militia guards remnants of Malaysia Airlines flight MH17 during a visit by monitors from the Organisation for Security and Cooperation in Europe on Sunday in Hrabove, Ukraine. ROB STOTHARD/GETTY IMAGES

The U.S. embassy in Kyiv issued a strong statement Sunday saying it has concluded "that Flight MH17 was likely downed by a SA-11 surface-to-air missile from separatist-controlled territory in eastern Ukraine." THE ASSOCIATED PRESS

Quoted

"The bodies will go nowhere until experts arrive."

Donetsk rebel leader Alexander Borodai, who said the bodies recovered from the crash site would remain in the rebel-held town of Torez until the arrival of an international aviation delegation.

Black boxes recovered

- Donetsk rebel leader Alexander Borodai said the plane's black boxes have been recovered and will be handed over to the International Civil Aviation Organization.
- Borodai insisted rebels had not interfered with the crash investigation, despite reports to the contrary by international monitors and journalists at the crash site.

Poll: Harper agenda out of touch with Canadians' concerns

NDP environment critic Megan Leslie speaks in the House of Commons on May 29. Research suggests key government policies are out of step with Canadians' priorities. SEAN KILPATRICK/THE CANADIAN PRESS

Public-opinion research for the federal Finance Department suggests key government policies are out of step with Canadians' priorities, including the Northern Gateway project.

Members of focus groups consulted prior to the February budget had "little enthusiasm" for the proposed bitumen pipeline to the B.C. coast — even those who said they support the controversial project.

And among the 12 groups consulted — from Coquitlam, B.C., to Bridgewater, N.S. — the economy itself was not a top-of-mind concern.

Rather, the groups spontaneously raised education, health care, pensions and veterans as their key issues.

They also called for more processing and refining of Canada's oil resources at home, and to do so in a more environmentally safe manner.

The findings of the January focus groups, commissioned from NRG Research Group, suggest the Harper government's central policy themes — trade and the economy, with an emphasis on energy exports — are resonating less with ordinary Canadians.

"There is little enthusiasm for the (Northern Gateway) project, even among supporters," says a Jan. 25 report on the findings.

"Detractors worry about the environmental consequences in the event of a spill, particularly as a result of a tanker accident off the B.C. coast."

"There is an appreciation that increased market access for oil will be economically beneficial but there is still a desire to do so in a more environmentally safe manner."

The Harper government has made Northern Gateway a central plank of its energy strategy, and has pilloried environmental groups who oppose it, labelling them "radical." THE CANADIAN PRESS

In focus

3,000

The focus groups were conducted along with a public-opinion survey of 3,000 people, and were carried out in advance of the Feb. 11 budget under a $135,000 contract.

Just don't kiss it ... the prince would be huge!

A 22-metre-high golden fabric frog is displayed at Yuyuantan Park on Saturday in Beijing, China. The frog is based on the golden frog, which symbolizes lucky culture and is thought to bring wealth and fortune in Chinese traditional culture. The exhibition will last until Aug. 20. CHINAFOTOPRESS/GETTY IMAGES

It may be time to burst your bubble

HOW TO ROLL
Alison Griffiths
metronews.ca

You would think Canada's housing market is the champagne industry — there's so much talk of bubbles. For the past couple of years it's been bubble this and correction that. Yet the market keeps, well, bubbling up, at an annual rate of 4.4 per cent to the end of May 2014.

However, FitchRatings last week stated that Canada's real estate market was 20 per cent overpriced, while the Morningstar rating agency predicted that a 30 per cent correction could happen over the next few years.

What can you do to protect yourself? Here are some suggestions:

Landlords: An easing in prices, combined with continued low interest rates, is a homebuyer's perfect dream. A deep correction of more than 20 per cent is heaven itself. Should it come to pass, renters who are waiting and hoping for their chance at home sweet home will buy and the rental market will soften as vacancy rates climb. Landlords should stay on top of maintenance in order to keep their units as attractive as possible and stash cash just in case vacancy rates soar, leaving units empty.

Real estate market

20%

According to FitchRatings, Canada's real estate market is 20 per cent overpriced

Homeowners: Avoid a home equity line of credit because these are based on the property's value and may be reduced or eliminated when the mortgage term is up. If you must borrow to pay for essential repairs, consider re-mortgaging now if fees and penalties are not significant.

Prospective buyers: Don't. At least, not yet. Yes, if prices continue to defy the-sky-is-falling predictions, you may end up paying more. But having a bigger down payment could more than compensate and protect you from the impact of higher interest rates.

If real-estate money is burning a hole in your pocket, be a vicarious owner. Choose a low-fee exchange-traded fund (ETF) that tracks an index of Real Estate Investment Trusts (REITS) and is diversified among commercial, industrial and residential real estate.

My favourite REIT ETF is the BMO Equal Weight REIT (ZRE) because it is a little less concentrated in three of the biggest names: RioCan, Brookfield Office Properties Inc. and H&R REIT. The other two options are iShares S&P/TSX Capped REIT (XRE) and Vanguard FTSE Canadian Capped REIT (VRE).

What marketing and bomb scares have in common

An online video hoax of a shark in Lake Ontario that caused real-world consternation this past week demonstrates the attention-grabbing risks marketers are taking in an increasingly media-fractured universe, experts say.

The problem, they say, is that efforts to stand out from the crowd via "prankvertising" can easily backfire.

"Until you've done something, you can't really say, 'OK, maybe that wasn't the smartest idea,'" said Stephen Morgan, former creative director with MR.G in Toronto.

"There is definitely no rule book."

It was only on Wednesday — six days after the YouTube video surfaced, frightened some lake users and sparked safety concerns that ultimately reached the Ontario legislature — that Discovery Canada admitted the finned creature was a lifelike model.

The idea was to create some buzz for a TV series on real sharks, not cause terror, Discovery Canada president Paul Lewis said by way of an explanation.

"There was no anticipation on our side to cause any kind of fear or upset at all," Lewis said.

A screen grab from a YouTube video that turned out to be a marketing ploy for Discovery. The video claimed there was a shark in Lake Ontario. THE CANADIAN PRESS

Some observers were skeptical.

Morgan, who doesn't think the ad will mean a spike in viewership for Discovery, said creative talent at ad agencies aim to be "disruptive" and that in his opinion, "You can bet the (Discovery) creatives hoped for that, even if they downplayed it to the client. Shame on agencies for selling this kind of stuff."

Those behind the fake shark video said they decided to come clean when they became aware of stories of people talking about not getting in the water.

Sometimes, the disruption appears to be inadvertent, as happened earlier this month when a summer marketing campaign run by Coors Light Canada — featuring a briefcase attached to a metal railing — prompted an emergency response and closure of a major intersection in Toronto during rush hour.

The briefcase, one of hundreds hidden across the country, was part of a month-long challenge to find prizes using an online map and social-media clues.

Jeremy Robinson, creative director with Toronto-based Jar Creative, said engineering a viral video without provoking anger or upset is difficult.

"We're in unchartered territory," Robinson said. "A lot of this stuff is brand new, and people are going to push the boundaries."

THE CANADIAN PRESS

WHERE YOU ARE AFFECTS HOW YOU ARE

URBAN COMPASS

Steve Collins
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I was at Laurier and Nicholas when my phone brought horrible news from my hometown.

A beloved friend, with whom I'd shared laughs and hugs at the cottage just a week before, was dead — suddenly and far too soon. Chris had fought through three years of hard health, but she was tough, getting better and unquestionably going to make it. Then this.

I kept walking west, stunned and not really seeing my city, my mind already down Highway 17 in the Ottawa Valley with her husband and four-year-old daughter. My eyes started watering around Bronson and they've stopped only intermittently since.

In between, I've tried to read State of Ottawa's Health 2014, a report from Ottawa Public Health that sums up our local well-being and repeatedly reminds me how much is determined by location, location, location. In Ottawa, 62 per cent of us report excellent or very good health. Only 12 per cent of us smoke — a historic low — but only 40 per cent eat enough fruit and vegetables. We drink more heavily than the province on average (particularly this week in my case) and smoke more weed.

"There are, however, other factors which influence health that are not addressed in full throughout this report," Dr. Isra Levy, Ottawa's Medical Officer of Health, notes in the report. "These factors, significant determinants of health, include income and social status, literacy, employment, and physical as well as social environments. Health is also determined by the services one receives, and the ability to obtain quality education, food and housing. Contrary to the assumption that each person has control over these factors, many are beyond individual control."

Chris, a nurse, became a patient about three years ago. It's worth noting that a botched surgery, from which so many complications followed, was botched in Ottawa.

She spent too much time in the hospitals, both in Ottawa and the one back home where she used to work, professionally and painfully aware that sometimes there wasn't much caring in the health care she received.

Some area residents will tell you, as they've told me, that they'll drive a little further down the highway to the next hospital to avoid their local one. Whether or not it's truly a worse facility, it seems to have an image problem, at least.

The Ottawa Public Health report introduces a statistic for the unspeakably sad: Potential Years of Life Lost (PYLL), a simple calculation based on how many years before age 75 a premature death comes. In 2009, Ottawa lost about 33,000 such years in total.

Chris was 35, so that's 40 PYLL, and while none of us measured her loss in those exact terms, the concept of lost years — and lost potential — was never far from mind.

The last night of her life, Chris made one last trip to Ottawa, not for another medical appointment, but to see Snoop Dogg at Bluesfest. She sat through most of it, but laboriously got up and danced when she just couldn't help it.

By all means guard your health, eat your veggies, exercise and blah, blah, blah, but remember to live. So much, as the good doctor says, is "beyond individual control."

THE OLD MAN AND THE KEY

Wally Collins, second from left, is congratulated after beating 130 other men to be crowned the 2014 "Papa" Hemingway Look-Alike Contest winner at Sloppy Joe's Bar in Key West, Fla. Collins, a Phoenix, Ariz. resident, won the title on his sixth try. ANDY NEWMAN/ FLORIDA KEYS NEWS BUREAU THE ASSOCIATED PRESS

The son also rises, but it's papa for the win in Hemingway lookalike contest

A white-bearded Arizona restaurateur has won Key West's annual "Papa" Hemingway Look-Alike Contest on his sixth attempt.

Wally Collins of Phoenix triumphed over 130 other entrants, including his son Matt Collins, late Saturday night at Sloppy Joe's Bar. The bar was a favorite of Ernest Hemingway during the 1930s. Competitors in sportsman's attire paraded before a judging panel of former winners during two preliminary rounds and the finals, trying to prove their resemblance to the real Hemingway.

Collins, who also has researched the role concussions may have played in Hemingway's 1961 suicide, said he admired Hemingway's ideals and taste for adventure.

"I didn't have as many wives as he had, and I have a lot more children and grandchildren, but there are a lot of things that he stood for that I really like," Collins said.

Hemingway was born on July 21, 1899.

THE ASSOCIATED PRESS

Hemingway Days

The contest is a highlight of the annual Hemingway Days celebration honoring the author who lived and wrote in Key West from 1931 to 1939.

- His home in the Florida city, where he wrote For Whom the Bell Tolls, is now a museum.
- The festival also includes a short story competition directed by Ernest's granddaughter, Lorian Hemingway, and a spoof on the running of the bulls in Pamplona, Spain.

METRO AUGMENTED REALITY

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metro AR

In this issue, you can find AR enhancements on page 9 in Scene and page 18 in Sports.

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metro AR

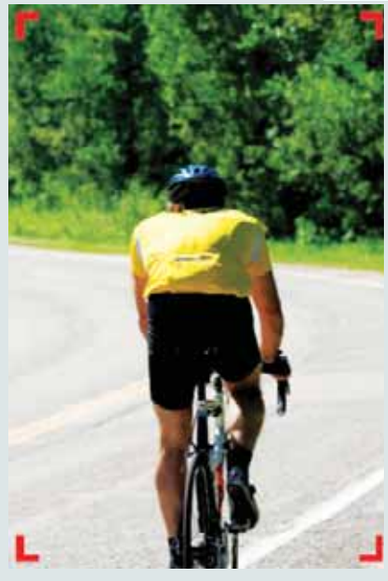
MetroTube

Man 'lucky' to be hit by mattress truck

ANDREW FIFIELD
andrew.fifield@metronews.ca

In this space last week, we showed you a pretty scary accident that ended with a motorcyclist being thrown onto the roof of a vehicle after being rear-ended by another. Happily, he avoided serious injury.

More lucky is this gentleman, who found himself sideswiped by a truck while riding in Brazil — because if not for the cargo it was hauling, things could have been much worse. (EpicBulbTV Viral/ YouTube)



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Ebooks

Seconds

By. Bryan Lee O'Malley

Kindle/iBooks

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Katie is a chef so drawn to the control of her kitchen that she's made her restaurant her home. She becomes tempted to replay her life when mysterious forces test her destructive impulses. The creator of Scott Pilgrim is on fire again with imaginative, dream-like visuals, likeable characters, and a tricky time-travel story masterfully told for a compulsive read.

Box office

Apes rule movie jungle, once again

Dawn of the Planet of the Apes topped the box office for the second-straight week with an estimated $36 million, easily besting the horror thriller The Purge: Anarchy. In third place is Planes: Fire & Rescue, while Sex Tape failed to turn on moviegoers. THE ASSOCIATED PRESS

The Dirty Heads' summer bummer — gone too soon

Sound of Change. New album heavy on reggae-rock vibe with a song detailing a short-lived summer romance

CHRIS CARPENTER
Metro in new York City

With August fast approaching, SoCal rockers Dirty Heads express their bittersweet qualms with the fleeting nature of the season on My Sweet Summer, the lead track from their fourth studio album, Sound of Change.

"I was doing a writing exercise where I was writing songs for other people and sending them out. Kenny Chesney and I were shooting emails back and forth, so I had started this country-ish, reggae-ish song," Jared "Dirty J" Watson, lead singer of the Dirty Heads, says about the early inception of Summer.

Chesney — arguably country music's reigning king right now — is a self-proclaimed super-fan of the Dirty Heads.

"I think country music is great; it's hilarious. I love the storytelling aspect," Watson says. "For somebody like Kenny Chesney to have touched so many people and have so many fans — obviously he's doing something amazing. For him to play our music before his shows, that's just really cool. It's crazy. That whole 'barefoot, sand, Coronas' vibe that he brings is like the country version of us. He's a very cool dude."

Of course, Summer, the way the Dirty Heads play it, doesn't exactly sound like a country tune. Inspired by the escape of summer — both literally and figuratively — Watson crafted the song around the departure of a summer romance.

Jared Watson and Dustin Bushnell of the band The Dirty Heads. GETTY IMAGES

Bittersweet

"We knew that we had something special."

Jared "Dirty J" Watson, lead singer of the Dirty Heads describes crafting My Sweet Summer around the inspiration of the end of a summer romance.

AUGMENTED REALITY

→ Scan this photo with your Metro News app to hear how the Dirty Heads transformed My Sweet Summer!

metro AR → See the full instructions on Metro's Voices page.

"When the idea of 'my sweet summer is gone' came and we [the band] nailed down the idea and the gist of the story that we wanted to tell, it was just about painting a cool picture. We knew that we had something special," says Watson.

Dirty Heads' most successful song to date came in 2010 with the acoustic surf tune Lay Me Down. The song reached No. 1 on both Billboard's Alternative chart and Rock chart.

"[Surf culture] tied into our music very heavily in the beginning. Now that we're grown men and have been doing this for 10 years and have seen the world, I think that this band is a lot more international and worldly," says Watson. "I think our new album is a little broader. It's so heavy on that reggae-rock vibe. It's something new."

Long past their days of crawling the country in a van, the band are currently on tour with Pepper and are playing select dates with 311.

"Touring in a van and not making any money for seven years made us who we were," says Watson. "We didn't care; it was all about the music. We knew it was going to pay off."

Gillian Anderson in The Fall. CONTRIBUTED

The Fall. Second season of BBC murder mystery is coming, but no date given

Gillian Anderson has the killer in sight in The Fall.

A first teaser for the second season of the British TV series, which will be released in the fall on BBC Two, has just been unveiled.

Starring Gillian Anderson (The X-Files) and Jamie Dornan (the upcoming 50 Shades of Grey), the drama follows a police officer played by Anderson who came to investigate a series of murders of young women in Northern Ireland.

The killer's identity is quickly unveiled to viewers: he is played by the future Christian Grey, Jamie Dornan.

And he appears to have an obsession with Anderson's character, judging from the first 50 seconds on BBC Two.

Broadcast in May 2013, the five episodes of the first season gathered 3.3 million viewers on average. The drama is also on Netflix.

No date has been given for the release of the six episodes of the second season, which will also feature Colin Morgan (BBC's Merlin). AFP

Viewer numbers

3.3M

The number of viewers the five episodes of the first season of The Fall gathered on average when broadcast in May 2013.

SCENE

Lindsay Lohan ALL PHOTOS: GETTY IMAGES

Award makes this Lohan comeback a little more legit, right?

Lindsay Lohan really has it easy sometimes. No, wait. Hear me out. Lohan's career as a "celebrated" actress comes from one film, Mean Girls, that came out 10 years ago. Since then, the films she's actually managed to show up for have been disappointments and duds, yet she's still held on to the promise that Mean Girls created. And now she's been feted at the Ischia Global Film & Music Festival with the Ischia Comeback Award simply for signing up to do David Mamet's Speed-the-Plow on the West End. Seems a bit premature, since she's not even in rehearsals yet, but whatever. She's back! Again! Come to think of it, every time Lohan has signed up to do anything, it's considered a comeback. Maybe she deserves the award after all.

Malcolm-Jamal Warner

Cosby confessions: Theo had a crush on Denise

This may not sit well with you, but Malcolm-Jamal Warner has revealed that while making the Cosby Show, he had a major crush on his on-screen sister, Lisa Bonet. "We were so close in age," Warner tells Access Hollywood. "But, you know, I never had a shot. You just know. At 13, 14, you know when you have a shot or not, even at that age." As for where he stands today with Bonet, who is married to Game of Thrones star Jason Momoa?

"She's cool," Warner says. "Lisa and I, we've always been very cool."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Aguilera party finds new meaning for birthday cake

STARGAZING
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An American attempts to claim 800 square miles of land in Northern Africa so that his daughter can be a real princess. "Whatever," says Veruca Salt.

Ariana Grande's Nickelodeon show Sam & Cat is cancelled. I don't understand all of those words, but I do know it sucks when my cat knocks over my grande latte, so ..... condolences?

Blake Lively is launching a lifestyle website called Preserve. It will feature 1) Canning tips. 2) Essays on conservation of heritage buildings. 3) A tribute to the Preservation Hall Jazz Band. 4) A screed against Butylated hydroxyanisole and L-cysteine. 5) Cute pictures of expensive shoes.

Marvel Comics introduces female Thor. Space does not allow me to elaborate on the sexist weirdness of a "strong female character" having to spring from a long-established male character, so I'll just say "blergh." Also, the only time Thor transformed into a woman was when he went to Jotunheim to trick the giant Thrym into returning his hammer by pretending to be Freya and Loki said ..... (that's more than enough. - ed.)

Sotheby's and eBay are teaming up for live online auctions. Thus finally bringing together moneyed socialites and collectors of old safety pins, antique photos of people who aren't their relatives and rusty street signs.

Lindsay Lohan promises to behave when she stars in Speed the Plow in London. "How crazy would I be," she asked, "jeopardizing my chance to spend 10 weeks doing speed?"

Christina Aguilera's baby shower reportedly featured a cake that had as decoration a woman on a rug birthing a baby whose head was "poking out". That explains the new Slimband slogan: "Almost as good at completely destroying your appetite as accidentally attending Christina Aguilera's baby shower."

Christopher Walken will play Captain Hook in NBC's live broadcast of Peter Pan. He's already practicing how to best keep the hook from constantly getting caught four inches under his arms in his waistband.

Gwyneth Paltrow

You can cure your kid with food, so says Paltrow

Fear not, parents. Gwyneth Paltrow is back with more excellent lifestyle advice, this time about what you're feeding your kids. Paltrow took to her Goop soapbox to extoll the virtues of the new book Cure Your Child with Food, by Kelly Dorfman, that suggests a lot of recurring ailments could be due to what your kids are eating. For instance, too much dairy is likely the cause of chronic ear infections, and a zinc deficiency can lead to a general "failure to thrive." And really, isn't preventing any failures in the thriving department what Goop is all about?

Burt Reynolds

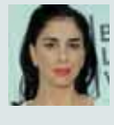
Alimony woes for Burt Reynolds

It's been more than 20 years since Burt Reynolds and Loni Anderson got divorced, but they're still ironing out the financial details. It seems that, according to TMZ, when Reynolds paid Anderson the $234,794 in alimony and child support they'd agreed upon, he left out a spare $97,000. Easy mistake to make. So Anderson went to court earlier this year and got a judge to order Reynolds to pay up, and thanks to interest that figure is now $154,520. Your move, Burt.

Twitter

@samantharonson
Twitter Tourette's Syndrome is not a thing. You signed on, typed it up, hit send. Own it.

@lenadunham
My favorite part of having a cold is probably the sweaty, unyielding dreams that my family and friends have abandoned and ostracized me <3

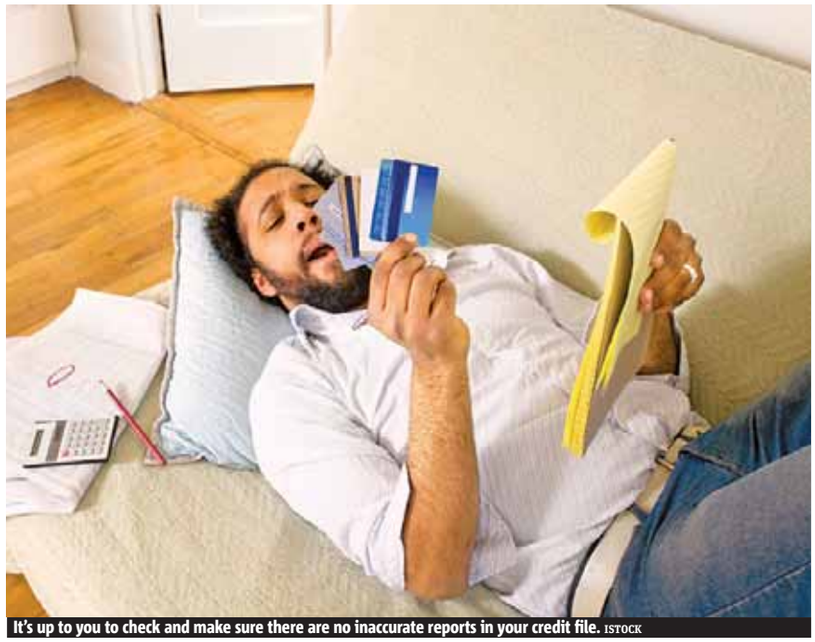


@SarahKSilverman
I have Angelina Jolie's lips, it's just that they're in my underpants

Do your rating credit. Check it

On file. Everything you ever wanted to know — and maybe a few things you didn't — about your credit history and why you should keep an eye on it

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com



It's up to you to check and make sure there are no inaccurate reports in your credit file. ISTOCK

Have you checked your credit file recently? You should.

Your credit file contains a listing of debit and credit payments and it includes public record information about how promptly you've paid bills, along with all the yucky stuff like collections, judgements and bankruptcies.

Typically credit agencies will keep a record of accounts that were paid and have no negative history for up to 20 years or for as long as you have a relationship with the company with which you did business. If you cancel an account, the credit agency has no way of maintaining a current and accurate credit file so they often delete credit information. That's why when you cancel a credit card the credit history that goes with it disappears. If you have a long history with a credit card supplier and want to stop using that card, cut it up but don't cancel the account until you've established a credit history on a new card.

Most people don't realize that when a business makes an inquiry — when it checks your credit — that inquiry not only affects your credit score, but it stays on your file for one to six years depending on the type of inquiry.

Some credit-reporting agencies report the lenders' rating of each of your credit history items on a scale of 1 to 9. A rating of "1" means you pay your bills within 30 days of the due date. A rating of "9" means that you never pay your bills at all or that you have made a consumer debt repayment proposal to the lender. A letter will also appear in front of the number: for example, I2, O2, R2. The letter stands for the type of credit you are using.

"I" refers to an installment loan, such as for a car loan, where you borrow money once and repay it in fixed amounts, on a regular basis, for a specific period of time until the loan is paid off. "O" refers to open credit such as a line of credit, where you borrow money, as needed, up to a certain limit and the total balance is due at the end of each period. "R" refers to revolving credit, on which you make regular payments in varying amounts depending on the balance of your account, and can then borrow more money up to your credit limit. Credit cards are revolving credit.

If you've mucked up your credit, know that the record of your financial indiscretions will remain on your file for all who inquire to see for up to six years after you diddled around and defaulted on the account.

If you go through a debt repayment program, like one offered through credit counseling, the record will be removed from your file two years after you finish paying off your agreed upon amount, or six years after you defaulted on the account, whichever comes first. If you do a consumer proposal, the proposal and all accounts reported as satisfied through the proposal are removed from your file three years from the date you satisfied the proposal.

The amount of time a bankruptcy stays on file is dependent on where you live. Typically, if you live in B.C., Yukon, N.W.T., Nunavut, Alberta, Saskatchewan, Manitoba or Nova Scotia, the record will stay in place for six years from the date of discharge. In Ontario, Quebec, New Brunswick, P.E.I. and Newfoundland and Labrador, it stays on record for seven years from the date of discharge. However, if you've gone bankrupt more than once, each will remain on your file for 14 years from the date of discharge of each bankruptcy

If you get a judgement against you, the same rules apply as with bankruptcy except for P.E.I., which keeps the record on file for ten years.

If you've been sent to collections, the record will be removed from your file six years after the date you defaulted on the account with the original creditor.

So if some collector calls you up after six years and says they're trying to collect on the debt, they have no recourse and you can blow 'em off. Your record is clear.

The longer you exhibit good credit behavior by paying your bills on time and managing your credit wisely, the more your credit rating will improve, until you once again achieve a favorable credit rating. And if you've got a good rating that's been marred by inaccurate reporting, it's your job to fix it.

Annual credit check-up

Check your credit files at least once a year to ensure the information is correct.

- Send a written request to one of the two major credit bureaus in Canada: Equifax Canada Inc. or Trans Union of Canada Inc.
- More information can be found online at equifax.ca and transunion.ca.
- There is no charge for this service if you ask for your record by mail.

Love or lust? Eyes will tell

Does your date see you as a potential soul mate or an object of lust? Gaze patterns — more specifically where he or she looks — could help you find your answer, according to researchers at the University of Chicago.

They say that glancing at the other person's body could indicate sexual desire, while focusing on the eyes and face is an indicator of love and such judgment reveals itself rapidly.

"Although little is currently known about the science of love at first sight or how people fall in love, these patterns of response provide the first clues regarding how automatic attentional processes, such as eye gaze, may differentiate feelings of love from feelings of desire toward strangers," says lead author Stephanie Cacioppo, director of the UChicago High-Performance Electrical Neuro-Imaging Laboratory.

Co-author John Cacioppo, director of the Center for Cognitive and Social Neuroscience, says the study indicates eye tracking could be useful in the field of psychiatry and more specifically in couples' therapy. AFP

Meta study

Practice will make you better — but perfect? Not likely

Researchers from Rice University, Princeton University and the University of Michigan teamed up to conduct a meta-analysis of 88 previous studies that debate the age-old question of whether practice makes perfect, concluded that although practice is unlikely to make perfect for all but a select few, it will improve anyone's game. AFP

Be at om with others

Namasté social anxiety away

Researchers at Queens University challenged the common association of yoga and other exercise-based relaxation activities with relief from tension, stress and anxiety, concluding they can be beneficial to those with social anxiety.

The study found such activities are quite literally able to change people's perception of the world, reducing threatening and negative feelings. AFP

ISTOCK

Battle of the sexes

Let's talk about who does it more

Researchers from Northeastern University in Boston attacked the stereotype that women are more talkative than men, finding that different group settings yield different results. "It's a very particular scenario that leads to more interactions. The real story here is there's an interplay between the setting and gender which created this difference." AFP

Money 101. Two couples, one year to make them richer

Never been so happy — and so rich

Since January, two Canadian couples have taken on the challenge to completely change their financial future. Together, we have worked on budgets, debt reduction, retirement planning, home-buying and financial planning. Both couples have risen to the challenge and have collectively improved their net worth by more than $50,000. Follow @LesleyScorgie and cheer these couples on as they work to achieve their goals. – *Lesley-Anne Scorgie*

Anne-Marie's and Peter's cash flow has decreased lately as the couple deals with nursing challenges. SHUTTERSTOCK

Carolina and Jose are looking forward to decorating their new townhome. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Life stage: First child arrived in May
- Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to paying off debt
- Rent or own: Rent
- Top goals for 2014: Pay off debt; start an RESP; and start saving a down payment
- Current net worth: $93,850
- Homework from last month: Evaluate balanced investments and plan to set up an RESP

Parenting has brought Anne-Marie and Peter tremendous joy this past month, despite a few feeding and sleeping challenges. Adding to their glee is a growing bottom line. In particular, a strengthening stock market has contributed to a large increase in the value of Anne-Marie's defined benefit pension — more than 25 per cent since January. While on parental leave, she will continue to participate in her plan, adding to the value, but this will eat into the couple's maternity budget.

Anne-Marie's and Peter's cash flow has taken a bit of a hit lately as the couple deals with nursing challenges. The cost of feeding consultants and prescriptions has totalled close to $1,000, but Anne-Marie, in particular, feels the issue is nearly resolved. To afford these medical expenditures, the couple paid $1,000 less toward their debts this past month and will keep their receipts for tax time as they may qualify for tax credits. Overall, these unexpected expenses have reinforced the need for building emergency funds going forward.

For the remainder of the year, the couple will endeavour to become debt-free. They still owe $5,200 on their low-rate credit card and $2,800 on their vehicle loan. Spread equally over the next five months, that's approximately $1,600 per month. The challenge will come when Anne-Marie's parental leave "top-up" from her company ends in October. So they are making hay while the sun is still shining.

Due to a high volume of new parent commitments, the couple is yet to set up their daughter's RESP, so this is the first part of their homework this month.

At the same appointment with their investment adviser, they will also be choosing different and better suited investments for their RRSP portfolios. Anne-Marie and Peter are still interested in low-fee mutual funds suited to their medium-risk investment profiles due to the fact these funds are professionally managed and offer an opportunity for diversification. Once their investment acumen improves, they will consider more traditional investments like stocks and bonds.

Homework:
Anne-Marie and Peter will set up their daughter's RESP and change their investment holdings.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 32
- Occupations: Stay-at-home mom and safety co-ordinator
- Total household income: $62,000
- Life stage: Three daughters aged five, three and one
- Financial savvy: Medium — they have established a budget, purchased a home, are very frugal and have no retirement savings
- Rent or own: Own
- Top goals for 2014: Pay off debt; buy a house; and visit family
- Current net worth: – $6,500
- Homework from last month: Work through their 60-day new homeowners' checklist

Carolina and Jose have officially settled into their new townhome and credit three reasons for why they are so happy.

First, for the first time in their lives, they have a forced mechanism to save money through building equity in a home they own. Through bi-weekly mortgage payments of approximately $590 and a five-year, fixed rate of 2.99 per cent, a huge chunk of Carolina's and Jose's payments are going toward equity rather than interest.

Second, their home is theirs to do with as they wish. They have been dreaming about what features, such as paint and light fixtures, they would eventually like to upgrade.

But before they get ahead of themselves, Carolina's and Jose's homework is to create a list of what they would like to improve, by when and the cost. This will help balance out their home improvements so they give themselves enough time to save up rather than charge to their credit card. Luckily, they have already been able to avoid one meaty home maintenance item — a new water heater, which was replaced by the former owner.

Third, their three girls are adjusting well and making new friends — a priceless benefit.

This month, the couple is shifting gears toward their next great financial challenge — debt repayment. They owe $6,800 on their line of credit and make payments of $100 per month. They also owe $14,700 in student loans, of which they pay nothing toward due to relief through a student loan payment assistance program.

Their debt repayment plan starts with a revised budget, taking into account their new home and an understanding of how much they can afford to pay each month. Thus, Carolina's and Jose's second homework item this month is to revise their budget.

To further reduce their debt, Jose is considering selling his 15-year-old car and putting that money toward their debts.

He no longer needs his vehicle because his work supplies him with a truck.

Ideally, the couple wants to strike a balance between becoming debt-free while sprucing up their new pad.

Homework:
Carolina and Jose will create a list of home improvements and a revised budget.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELED.

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'Round the world wisdom

How many chefs are in your life's kitchen?

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

When I took on the Gobi, the scope of the project was too vast to take on on my own. The project's novelty forced me to solicit help in my preparation from those around me: my family, my colleagues, my social circle. While at first all of this advice was welcome, it rapidly got to be too much. I had too many chefs in my kitchen.

One of the first action items when taking on a major endeavour is to get oriented. This means framing the data in order to build a plan. While this orientation requires the assistance of others, the challenge is knowing when we have enough data points to create the blueprint. Too little information results in an ill-conceived plan; too much results in a state of paralysis and therefore inaction.

Sometimes the sweetest dishes come from the solo chef. ISTOCK

Three weeks into my Gobi preparation, my refrain switched from a novel, "Great idea, I'm doing it" to, "Thanks for sharing, there are many ways to prepare for this challenge and I have determined what is most effective for me."

We have all witnessed someone take on a challenge with a tangible risk of failure. Those who take on limited accountability distance themselves if the challenge proves unsuccessful. In this case, the finger points at the collaborative process: either others didn't come through, or they provided the wrong advice.

In the desert, however, I was left to my own devices. Placing the burden of failure on an unnamed "other" would not get me to the finish line. Instead, I trained my thoughts toward collaboration, by hearing and considering others' opinions and ideas, but only listening to my own.

In the end, we are all the chefs of our own kitchens. While it takes a village to raise a child, one man's race begins with his first step alone.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

From Post to present: A new era of etiquette

Post with the most.
A family business built on a foundation of good form

LAKSHMI GANDHI
Metro World News

Emily Post made a name for herself in the early 1900s as a world-renowned expert on etiquette and manners, advising readers on everything from making polite conversation to the right way to host an afternoon tea. Several generations later, her descendants are continuing her legacy with a 21st century twist — by advising people on life in the digital age.

The family has just released the third edition of their book Emily Post's The Etiquette Advantage in Business.

While it's been less than a decade since the last book was released, the Posts say that because the business world has changed so rapidly in recent years, it can be tough to navigate it all.

"It's kind of unbelievable the leaps and bounds we have made in just the last few years and how much digital usage has increased," says Lizzie Post, Emily's great-great-granddaughter. We asked Post for her take on several modern social media dilemmas many of us face in the workplace.

Lizzie Post, great-great-granddaughter of Emily Post, is providing Ps and Qs training to today's professionals. HANDOUT

To friend or not to friend?

When it comes to Facebook, think hard about whether you want to add your co-workers. "While typically most of us have always bonded with our co-workers, it's really different today," Lizzie Post points out. "Previously, it was very controlled in what you allowed your co-workers to see [in your life outside of work]. But now you are not just letting them see your photos, you are also letting them see the conversations you are having with other people."

Post notes that letting someone into your personal online space is a private decision and reminds everyone that they are in charge of the process. "You have to decide what works for you," says Post. "You can always tell a co-worker, 'I had to make a decision and I decided not to mix my work and personal lives.'"

Should you accept that LinkedIn request?

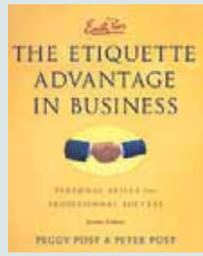
With the popularity of LinkedIn, it's common to get all sorts of connection requests from everyone from elementary school friends to your neighbours. "I don't respond to people on LinkedIn that I don't know well or that I haven't worked with closely," says Post of her own personal policy. "For people like high school friends, unless I know your work, I decline the request."

What if you really don't want to write that LinkedIn recommendation?

"I don't recommend friends," says Post. "It's one thing to be friends with you, but that doesn't mean that I know how you work. With endorsements, it's a bit different. If I have seen your blog and have read your book, then I feel like I can do it."

Post says to remember that saying no is always an option.

Success on the screen



Ask yourself what impression you are making online

- "Google yourself," suggests Post to see what others see when they search for you. Are there public posts of you drinking or partying? Post says you may want to erase those, but that it's ultimately up to you to decide what's important to you. "Are you going to let your career dictate your online persona or are you the type of person that is going to say, 'No, this is who I am and I am going to find a position where this isn't going to matter?" Post asks.

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Keeping all those biz balls in the air

Distraction at the desk

The issue with interruptions at the office

A new study confirms what many office workers have long suspected: multitasking doesn't work. A paper in the journal Human Factors notes that the average office worker is interrupted six times every hour and that these interruptions deeply impact the quality of work produced.

"People don't realize how disruptive interruptions can be," said Cyrus Foroughi, one of the co-authors of the study told Science Daily. "There is value in determining whether interruptions affect the quality of the tasks that many people perform regularly." Foroughi and his fellow researchers asked two different groups of participants to write an essay for them. While each group was given enough time to write and outline their compositions on the assigned topic, one group was repeatedly interrupted while participants attempted to write their essays. METRO WORLD NEWS

Full steam ahead. Be more productive at work with these tips

DAN SCHAWBEL
Metro World News

Companies are putting more pressure on employees now than ever before and pushing them to do more with fewer resources in the same amount of time. Furthermore, there's an expectation that you're always answering work emails, regardless of the day of the week or if you're on vacation.

Here are some tips for keeping up productivity at work while keeping these tough times in mind:

Start with a list of tasks that can be completed quickly

This way, you can get the smaller stuff out of the way and give more of your attention and effort to the bigger projects. By doing this, you won't have to worry about those smaller tasks that could end up getting in the way of the ones that really matter. Let's say you have a list of 20 tasks that you have to get to in a given day. If you can eliminate five quickly, it won't seem as bad, and it's very motivating to accomplish several items in a short period of time. It's intimidating having so many tasks sometimes and it puts a lot of stress on you if you do have that many, so eliminate the easy ones first.

Try not to multi-task if you can help it

I fall into this trap all of the time, and most Millennials do too. We try and do multiple projects at once and end up not getting anything done. Research shows that multitasking decreases productivity. If you give each individual task the attention it deserves, you'll be more effective.

Use a calendar to keep track of everything

I use my iPhone calendar to run my life. If there's someone I know I should call in two months, I'll mark it down to send them an email then. If I have a speaking engagement or a potential client I have to follow up with, I'll mark it down. This makes life much easier, and you end up not forgetting anything so you're more effective. Another trick I do is to set two reminders for every event. One occurs a day before and the other happens 15 minutes before. This way, I never miss anything.

Get 'er done

"It's intimidating having so many tasks sometimes and it puts a lot of stress on you if you do have that many, so eliminate the easy ones first."
Dan Schawbel, Career and Workplace Expert

A new study by CareerBuilder found that the biggest distractions that workers have are their cellphones (50 per cent), gossip (42 per cent) and the Internet (39 per cent). ISTOCK

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Give your intellect a little exercise

From site to skill.
Beat summer brain drain with these five sites that will help you to use your cranium

LAKSHMI GANDHI
Metro World News

Hosting a book club is a great excuse to both see your pals and use your smarts. ISTOCK

Hazy, hot and humid summer afternoons have often been used as the perfect excuse to procrastinate. But summer can be a great time to learn a new skill. Here are some easy and fun ways to do so.

Learn the ins and outs of the stock market
The new online investing platform Kapitall is designed for those who are just starting to get into the world of finance. Founded by veterans of the finance and tech worlds and a video game designer, Kapitall allows users to set up a virtual stock portfolio. Utilizing virtual money, users can practice trading stocks, take lessons, and compete tournament-style against other users.

"There are many that would say that the market is a game, but we're not trying to say that," says Kapitall's CEO Jarett Lilien. "But if you look at games, games should be approachable to those who are new to it."

Many people think that the markets are extremely hard to understand, Lilien continues. "There are a lot of barriers to entry and the problem is that they are intimidating to access as a newbie," he says. "We really try to target a mindset, and that's somebody who wants something that's less intimidating."

More advanced users can use the software to create a real portfolio.

Become bilingual
Are you sad you've lost all of your high school Spanish or French? The free program duolingo.com lets aspiring students study French, Spanish, Italian and Portuguese with a variety of games and quizzes.

Read the classics
If you are looking for something a bit more intellectually heavy than the stereotypical summer beach read, thousands of classic books are available to download for free. Sites like Project Gutenberg and classicreader.com make it easy to access great works of literature.

Join a book club
The New York Times recently noted that about 5 million Americans are currently in a book club. It's a great way to both get exposed to different authors and ideas and to make new friends. Search on meetup.com for clubs that cover everything from books on entrepreneurs to LGBT issues.

A professional plus

- Lynda.com offers hundreds of courses and online tutorials on everything from video editing, photography and design. Use it to learn programs like Photoshop or Final Cut Pro.

Labour on its last legs

Work that's getting weaker

Looking for a job with stability and staying power? You may want to avoid the following positions. Building on data collected by the Bureau of Labor Statistics, careercast.com has rounded up what they are calling the 10 most endangered jobs of 2014. The site says that these positions are all forecast to have "a shrinking market for newcomers."

- Mail Carrier
- Farmer
- Meter Reader
- Newspaper Reporter
- Travel Agent
- Lumberjack
- Flight Attendant
- Drill-Press Operator
- Printing Worker
- Tax Examiner and Collector

METRO WORLD NEWS

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Time to revive the planking craze to give salmon a delicious smoky flavour

This recipe serves four. LORELLA ZANETTI

Cedar Planked Salmon with Maple Glaze. This fish makes a perfect partner for the barbecue and contains healthy fats

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

When it comes to summertime cooking, the barbecue is the easiest, most enjoyable and social way to cook.

Salmon is my number one fish for the "barbie," but cooking it on a cedar plank is so much more flavourful.

You can purchase the thin wooden planks in your grocery store where fish are sold. Soak them in water for at least 20 minutes to prevent burning.

For an alternative cooking option, feel free to bake your salmon in 425 F oven for 10 minutes per each inch of thickness.

I prefer to use organic salmon as a precaution against mercury and other pollutants that can be in our fish.

Salmon, a fatty fish, is an excellent source of omega-3 fatty acids. It's proved to be beneficial in the treatment of osteoarthritis, cardiovascular health and in decreasing the risk of macular degeneration.

The maple syrup sauce over top of the fish is addictive. I also use it over grilled chicken, pork or tofu.

You can cook the sauce up to 3 days in advance and refrigerate. When you are ready to use it, reheat it in a small skillet over low heat just until it is warmed through.

Happy (and healthy) grilling!

FLASH FOOD

From your fridge to your table in 30 minutes or less

Directions

1. Preheat your barbecue to 425 F and either spray a cedar plank or grill with vegetable oil.

2. Whisk the maple syrup, soy sauce, water, vinegar, oil, cornstarch, garlic and ginger together in a small saucepan. Cook the mixture over medium heat until thickened and smooth, about 2 minutes. Remove the sauce from the heat. If it is too thick, just add a little bit of water.

3. Place the salmon, skin-side down, on the plank or grill. Brush the top half of the salmon with some sauce. Sprinkle with sesame seeds. Cover the grill and cook for 10 minutes per inch of thickness or until the fish flakes easily when pierced with a fork.

4. Garnish the finished salmon with cilantro and serve on the cedar plank with the remaining sauce on the side.

Ingredients

- 1/4 cup pure maple syrup
- 2 tbsp low-sodium soy sauce
- 1 tbsp water
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- 2 tsp cornstarch
- 2 tsp minced fresh garlic
- 1 1/2 tsp minced fresh ginger
- Four 4-oz skin-on salmon fillets
- 2 tsp sesame seeds
- 3 tbsp chopped cilantro or parsley

Nutritional information

Per serving	
• **Calories.** 250	• **Total fat.** 10 g
• **Carbohydrates.** 16 g	• **Saturated fat.** 1.6 g
• **Fibre.** 0.3 g	• **Cholesterol.** 64 mg
• **Protein.** 24 g	• **Sodium.** 323 mg

From 'yuck' to 'yum' in four steps

No longer being fed to the dog under the table, these days brussels sprouts are a very trendy and nutritious vegetable.

Roasting brings out a wonderful flavour that's much better than steamed or boiled.

Brussels sprouts are part of the cruciferous vegetable family and contain an antioxidant known to fight cancer. Additionally, they are also an excellent source of fibre.

This dish is also great served at room temperature as a salad.

Ingredients

- 1 1/2 lb Brussels sprouts (stems removed and cut in half)
- 2 tbsp grated Parmesan cheese (1/2 oz)
- 1 tbsp olive oil
- Pinch of salt and pepper
- 1 tsp minced garlic
- 1 small red pepper, seeded and cut in half
- 1/3 cup toasted slivered almonds

1. Preheat the oven to 400 F. Line the baking sheets with foil sprayed with vegetable oil.

2. Place the brussels sprouts in a bowl and add the Parmesan, olive oil, salt and pepper, and garlic. Mix well and place on the baking sheet along with the red pepper.

3. Roast for 20 minutes, turning occasionally just until tender and slightly browned. Peel the skin off the pepper and cut into large wedges.

4. Garnish with almonds.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Boy Wonder is back

Third youngest. At 25, Rory McIlroy safely wins the British Open

Rory McIlroy of Northern Ireland holds the Claret Jug aloft after his two-stroke victory at The 143rd Open Championship at Royal Liverpool on Sunday in Hoylake, England. TOM PENNINGTON/GETTY IMAGES

AUGMENTED REALITY

- Scan the image with your Metro News app for a gallery of Sunday's action in Liverpool.
- See the full instructions on Metro's Voices page.

Walking off the 18th green as the British Open champion, Rory McIlroy kept gazing at the names of all the greats on golf's oldest trophy.

On the claret jug, his name is etched in silver below that of Phil Mickelson.

In the record book, he is listed behind Jack Nicklaus and Tiger Woods as the youngest to win three legs of the career Grand Slam.

And over four days at Royal Liverpool, he had no equal.

"I'm immensely proud of myself," McIlroy said after his two-shot victory Sunday that was never really in doubt. "To sit here, 25 years of age, and win my third major championship and be three-quarters of the way to a career Grand Slam … yeah, I never dreamed of being at this point in my career so quickly."

He had to work a little harder than he wanted for this one.

Staked to a six-shot lead going into the final round, McIlroy turned back every challenge. He made two key birdies around the turn, and delivered a majestic drive at just the right moment to close with a 1-under 71 and complete his wire-to-wire victory.

In another major lacking tension over the final hour, what brought The Open to life was the potential of its champion.

After nearly two years of turmoil, McIlroy looked like the kid who shattered scoring records to win the 2011 U.S. Open at Congressional, and who won the PGA Championship at Kiawah Island by a record eight shots a year later.

Boy Wonder is back. Or maybe he's just getting started again.

McIlroy won by two shots over Sergio Garcia and Rickie Fowler to become the first start-to-finish winner since Woods at St. Andrews in 2005. Even with one major left this year, the Northern Irishman already is looking ahead to Augusta National next April for a shot at the slam.

"I've really found my passion again for golf," McIlroy said. "Not that it ever dwindled, but it's what I think about when I get up in the morning. It's what I think about when I go to bed. I just want to be the best golfer that I can be. And I know if I can do that, then trophies like this are within my capability."

McIlroy put an end to this major with a powerful drive down the fairway at the par-5 16th, setting up a two-putt birdie to restore his lead to three shots. He finished with two pars, tapping in for par on the 18th green.

The hard part was trying not to cry when his mother, Rosie, came onto the green with tears streaming down her face. She was not at the other two majors. Before leaving, McIlroy turned and applauded the fans in the horseshoe arena who were witness to another masterpiece. THE ASSOCIATED PRESS

Baseball

Cabrera delivers for the Jays

Melky Cabrera answered a Texas comeback with a solo homer in the seventh inning and singled home two more runs in the eighth to give the Toronto Blue Jays a wild 9-6 win over the Rangers on Sunday afternoon.

Cabrera gave the Jays a 6-5 lead when he sent reliever Neftali Feliz's third pitch of the day deep to centre field to open the home half of the seventh.

THE CANADIAN PRESS

Tour de France

Kristoff's second stage win, Nibali keeps the lead

Alexander Kristoff of Norway captured his second stage win of this year's Tour de France by leading home a pack that overtook two breakaway riders with only about 50 metres to go in a dramatic finish to Stage 15 on Sunday. Vincenzo Nibali of Italy kept the overall leader's yellow jersey.

THE ASSOCIATED PRESS

FINA World Cup

Quebec's Abel wins bronze

Jennifer Abel of Laval, Que., won the bronze medal Sunday on women's three-metre at the FINA World Cup diving competition.

Shi Tingmao led China to a 1-2 finish with 383.40 points, upsetting world champion He Zi in second at 369.65. Abel took the bronze at 364.05 to equal her best international result.

THE CANADIAN PRESS

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Get tough with someone who has been giving you a hard time. People will respect you more if you demonstrate that you respect yourself.

♉ Taurus
April 21 - May 21
This is an important time for career matters. Being ambitious is not a sin and anyone who suggests that it might be is not to be trusted.

♊ Gemini
May 22 - June 21
You have enough work on your plate. The planets warn if you go beyond your limits, you will regret it later in the week when you don't have the energy for new opportunities.

♋ Cancer
June 22 - July 23
Someone is trying to make you feel guilty about something that wasn't your fault. You may be tempted to ignore it but if you don't counter their negative propaganda, your reputation could suffer.

♌ Leo
July 24 - Aug. 23
The more time you spend trying to work out what might go wrong over the next few days the less time you will have for making things go right.

♍ Virgo
Aug. 24 - Sept. 23
You may not be much in the mood for routine activities today but the planets insist that you make a serious effort to catch up on a backlog of jobs.

♎ Libra
Sept. 24 - Oct. 23
The planets warn that in some areas it might be wise to play safe and stick with what you know and trust. Creatively and romantically you have a lot to gain but also a lot to lose.

♏ Scorpio
Oct. 24 - Nov. 22
Don't hesitate to tell others what it you desire because someone might hand it to you. Stranger things have happened and will continue to happen over the next few weeks.

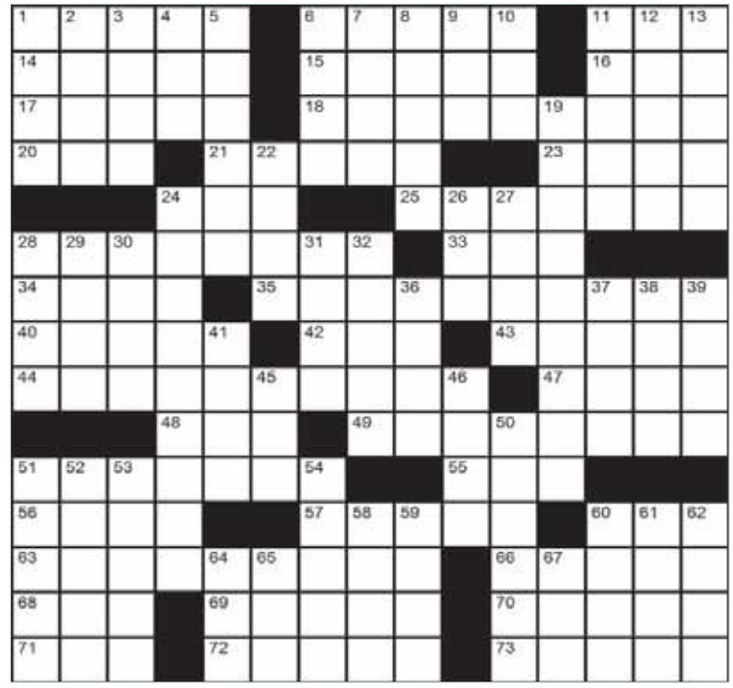
♐ Sagittarius
Nov. 23 - Dec. 21
You must be committed to what you are working on. If you are reluctant to get fully involved, others may decide they can do without you.

♑ Capricorn
Dec. 22 - Jan. 20
Don't run yourself into the ground doing things for others. Your energy supply is limited and must be saved for things that mean something to you.

♒ Aquarius
Jan. 21 - Feb. 19
Even the best of friends fall out occasionally. You will get the chance to kiss and make up later in the week and if you take it there will be no harm done.

♓ Pisces
Feb. 20 - March 20
If someone you trust offers you advice today you would be wise to listen. That applies to all areas of your life but especially to property matters, investments and financial issues.

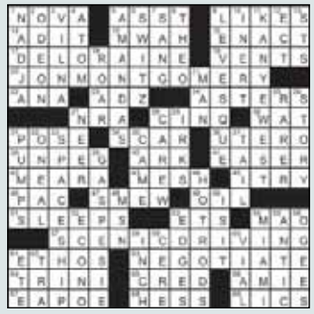
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. What a Canadian saying 'about' sounds like to the American ear
6. WWII threat in the North Atlantic
11. 'Computer' suffix (Techie jargon)
14. Bamboo eater
15. Louisiana dish
16. Global positioning fig.
17. Proctor __ (Kitchen appliance company)
18. PEI's __ Peninsula; or, the 'G' of GMT
20. Cathedral city
21. Norwegian dramatist Henrik
23. Prefix to 'scope'
24. Toy-made dessert, __-Cone
25. Some soft drinks
28. Canadian band, __ Rush
33. Fail to keep
34. Lang. of Rome
35. Three words heard as the race is just about to begin...
40. Cat-like
42. Hockey's Bobby
43. "Buzz off!"
44. Canadian movie, "Atanarjuat: The __ __" (2001)
47. Mystique
48. Belonging to the intl. org. based in NYC
49. Those using brooms
51. Exceeds
55. Promos
56. Ancient's "Awesome!"
57. Supermodel Ms. Campbell
60. Mafia
63. __ __ of Tara (Musical instrument on The Arms of Canada)
66. Shoes shade
68. Calif. NBA team
69. Major artery
70. Band of eight
71. Method [abbr.]
72. Wales language
73. React to nausea

Down
1. Church section
2. Jail money
3. Exclusively
4. Sort of tribute
5. Burdensome
6. Australian boots
7. Hockey great, Pavel __
8. Signs
9. Mr. Vigoda
10. Weight unit [var. sp.]
11. "The Untouchables" role, __ Ness
12. "__ bleu!" (Golly!)
13. Cultural standards
19. Major League Soccer team in Vancouver
22. Wild swine
24. English-French: 1945 Hugh MacLennan book, Two __
26. Use a crowbar
27. Singer, Diana __
28. Annoy
29. "I'll have _ __, please." (Dessert-time drink request)
30. Mr. Holbrook's
31. __ lights
32. Knitter's supplies
36. Sketched
37. Genuine
38. Actress Teri
39. Grannies: German
41. 007 foe in '62 [2 wds.]
45. Function
46. Staples purchase
50. Magazine bigwig
51. Trompe l'__ (Visual illusions)
52. Sunny emission, _ _ __
53. Works
54. Watchdog's warning
58. Fine pursuits
59. Moonfish
60. Combo dog
61. International oil gr.
62. ≠Ms. Behrs of "2 Broke Girls"
64. "Hee __"
65. Flat-bladed tool
67. Hotshot

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		9				7		
		1	5		8	2		
7				2				3
	7	6	8		2	5	3	
	9	2	4		5	8	6	
8				5				1
		5	7		4	9		
		3				4		

Friday's Sudoku

3	1	9	4	8	2	5	6	7
2	4	6	5	3	7	8	9	1
5	7	8	6	1	9	3	4	2
9	6	1	3	2	5	4	7	8
8	2	4	1	7	6	9	3	5
7	3	5	9	4	8	2	1	6
1	5	3	8	6	4	7	2	9
6	8	7	2	9	3	1	5	4
4	9	2	7	5	1	6	8	3

TODAY'S HOROSCOPE:
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